MICHELLE WILLIAMS MAKES A SPLASH IN MY WEEK WITH MARILYN {page 13}

SHOP TO THRILL

GET A HEAD START ON THE HOLIDAYS WITH METRO'S GIFT GUIDE {pages 21-25}

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BRING IT HOME

- The Winnipeg Blue Bombers face the B.C. Lions on their own turf on Sunday for the 99th Grey Cup
- It's been 21 years since the cup was Winnipeg's, and the Bombers are hungry

{pages 26-29}

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Cat Friday: Feline adoption fees waived

If you've been thinking about adopting a whiskered friend, Friday is your purrfect opportunity.

Cats are free at the Winnipeg Humane Society, as the shelter is full.

"We have over 150 (cats) up for adoption," said communications coordinator Janelle Petrinchuk.

While adoption fees will be waived, people still have to go through the adoption process with an adoption counsellor.

"You can't just walk in, grab a cat and go home," Petrinchuk joked.

The adoption includes spaying or neutering, six weeks of health insurance, a first set of vaccines and more.

Petrinchuk said the sale happening on Black Friday is pure coincidence.

"With the cold weather it's always a busy time of year for us, cat-wise, as more cats are brought in."

The sale runs from 10 a.m. to 8 p.m. People who already have a pet carrier are asked to bring one with them.

ELISHA DACEY

For more news, visit metronews.ca/winnipeg

ELISHA DACEY/METRO FILE

▶ Kitties four months and older are free on Friday.

Assiniboine family centre opens

Comes fresh on the heels of the new Butterfly Park at the Zoo and Nature Park for Children

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

SVJETLANA MLINAREVIC/FOR METRO

▶ The new centre may be sleekly modern on the outside, but the inside is warm and inviting.

Looking at it from the outside, visitors see a 10,000-square-foot edifice of glass and steel, something modern and slightly out of place amongst the natural beauty of Assiniboine Park — until they go inside.

Entering the Qualico Family Centre, the atmosphere is warm and inviting, filled with the sounds of children laughing during storytime in the Acorn Room. The once-cold walls of glass and steel now bring nature indoors. A warm brick fireplace, with comfortable leather couches, encourages visitors to sit and have a mug of cocoa.

"People have a passion and love to use this park," said Brian Hastings, COO of Qualico Homes. "This is for the future. We did this to enhance and expand people's memories of the park."

The Hastings family has donated $3 million to the $6-million centre, with the balance coming from the City of Winnipeg's donation of $3.8 million to the park's $200-million capital redevelopment plan.

The Hasting family's challenge to Winnipeggers is to continue to donate.

"This is a dynamic undertaking. If you're not involved with it, you should be," they said.

Redevelopment

- Phase 2 of the redevelopment plan consists of a zoo renovation and wildlife, conservation and environmental education.
- Phase 3 of the redevelopment plan is the development of a new Assiniboine Park Conservatory and Conference Centre.
- The centre has a Park Café where visitors can dine in or take out.
- The centre's meeting and banquet facilities can hold up to 160 seated guests.
- The centre is sustainable: 100 per cent reclaimed site vegetation was used, including elms in the city that were cut down because of disease.
- The room is 100% green with vegetation growing on it, so the building is more energy-efficient.

1 news

When you're eating a can of tuna, you're having a version of an experience that humans have been having for some 42,000 years.
Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Record-setting accumulation of snow in Newfoundland brings fall to a screeching halt. Video at metronews.ca/video

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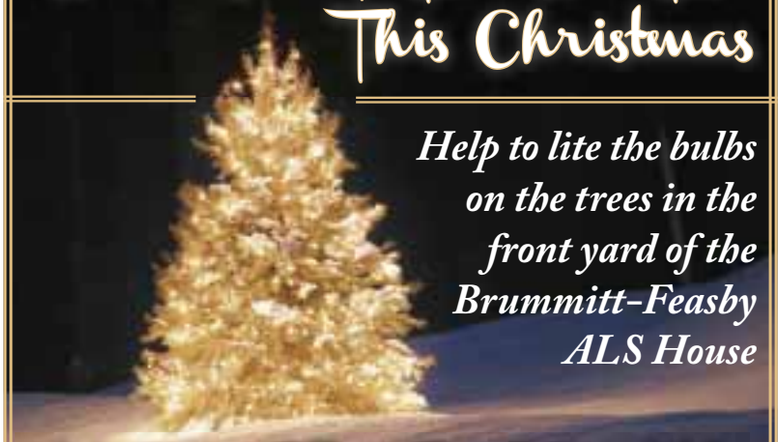
The ALS Society of Manitoba Wants You To Lite Up a Life This Christmas



Help to lite the bulbs on the trees in the front yard of the Brummitt-Feasby ALS House

3 bulbs for $5 or 7 bulbs for $10
Lite a whole tree 150 bulbs for $150
(Any donation of $10 or more will receive a tax reciept)
For information or to Donate
Call 831-1510 Email: HOPE@alsmb.ca
All Proceeds Support Client Programs at Brummitt-Feasby ALS House

Help To Lite Up a Life now and in the Future

Brummitt-Feasby ALS House

Possibly the greatest gift ever donated to the ALS Society of Manitoba is Brummitt-Feasby ALS House, the only home of its kind in North America, providing care and support for people living with ALS. The house was donated by Lynn Brown and Faith Johnston, step-daughters of Dorothy Brummitt-Feasby, who died of ALS in 2000. It has been renovated and extended, also using donated products and services, to meet the needs of people living with ALS in Manitoba.

The house is designed with ALS clients in mind, with wide hallways and open living areas built for wheelchair accessibility; including a wheelchair accessible shower. Brummitt-Feasby House is staffed 24/7 by a dedicated team of health care professionals, to provide around the clock care for up to four people living with ALS.

It is through the generous support and donations of Manitobans, local businesses and community service groups such as the St. James Rotary Club, that the ALS Society of Manitoba was able to complete the renovations and continue to update the Brummitt-Feasby House. We still rely on community support and generosity to keep the house open and available to Manitobans currently living with ALS.

The mandate of the ALS Society of Manitoba is one of **HOPE**; to **H**elp **O**ur **P**eople **E**very way we can. Brummitt-Feasby House is one of the many ways that we are able to accomplish this mandate, something we plan to continue doing for many years into the future.

Every December we place a number of Christmas trees in the front yard of Brummitt-Feasby ALS House and ask for your generous donations throughout December and January to Lite the Bulbs on the trees. A lighting ceremony will be held on Wednesday, December 14. All money raised goes towards supporting the Brummitt-Feasby House. Help us by donating to Lite Up a Life for those living with ALS this Christmas.

Youth group puts out challenge

Young aboriginal leader wants Winnipeg's youth to attend rally on the heels of We Day

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

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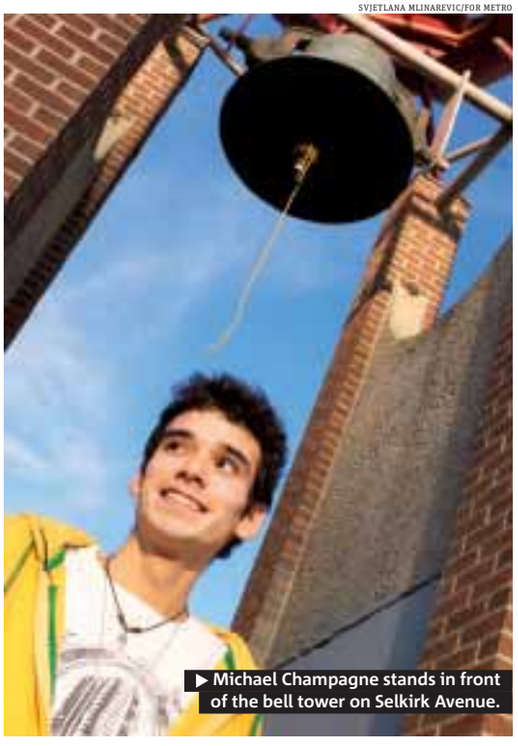

Michael Champagne stands in front of the bell tower on Selkirk Avenue.

One man is hoping the spirit of Wednesday's We Day event will lead youth in the North End to combat a problem that plagues many there — hopelessness.

"Part of the feeling of hopelessness is not being in control of your environment," said Michel Champagne, founder of the Aboriginal Youth Opportunities (AYO) group.

For Champagne, giving North End youth their voice is the solution to the problems plaguing the area.

While the teens attending We Day were motivated to change the world, very few actually felt compelled to look in their own backyards, he said.

To that end, the AYO are having a Hands of Hope Youth Rally Friday, hoping it will inspire kids and teens to join the cause and give those without a voice a platform.

"I want those young people to come out to the bell tower. I dare you!"

City Coun. Ross Eadie will speak at the rally with his message of "Just Stop." Eadie sees the violence in the area as a cycle of hopelessness, addiction and survival.

The area, he said, is at a crossroads. "We need to turn around the perception of the North End."

The rally will take place at the bell tower at 470 Selkirk Ave. at 6 p.m. All are welcome.

Suspect sought in robbery

Two people were physically assaulted after a robbery on Portage Avenue.

Winnipeg police said a man and a woman were walking in the 300 block of Portage Avenue at about 10 p.m. on Tuesday when they were approached by two females and a male. After asking the victims for the time, the male grabbed the woman's purse and ran. She gave chase and the man dropped the purse.

The male victim picked up the purse, only to be assaulted by the male, and the two females assaulted the woman.

Police said that, thanks to the efforts of the Downtown BIZ patrol and the arrival of police and cadet members, the two female suspects, 15 and 20, were found and arrested. They face numerous charges.

The male is still at large.

The victims, 24 and 22, sustained non-life-threatening injuries.

Anyone with information is asked to call police. ELISHA DACEY

Man arrested in shooting

An 18-year-old man was arrested Wednesday for the shooting of a 14-year-old.

Winnipeg police said the man was arrested "as a result of community support" and is facing numerous weapons charges.

The shooting, which took place on Oct. 29, happened in the area of Selkirk Avenue and Salter Street. The teen was taken to hospital in critical condition but was upgraded to stable. He continues to recover, police said. METRO

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Egypt's rulers say they won't go

THE ASSOCIATED PRESS

▶ Protesters near Tahrir Square on Thursday.

Egypt's military rulers have rejected protesters' demands for them to step down immediately.

They said Thursday they will start the first round of parliamentary elections on time next week despite serious unrest in Cairo and other cities.

The generals appear to be on much the same path that doomed Hosni Mubarak nine months ago — responding to the current crisis by delivering speeches seen as arrogant and using brutal force.

Protesters in Cairo's Tahrir Square, say they will not leave the iconic plaza until the generals step down in favour of a civilian presidential council.

THE ASSOCIATED PRESS

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Libya. They did Canada proud

▶ A "thank-you" salute from Ottawa: Gov. Gen. David Johnston inspects Canadian troops on Parliament Hill Thursday during a ceremony to honour those who took part in the Libya campaign.

FRED CHARTRAND/THE CANADIAN PRESS

Ottawa tells troops: Well done!

Prime Minister Stephen Harper and Gov. Gen. David Johnston paid warm tribute to the military Thursday for its work in the Libyan campaign. The formal Parliament Hill ceremony recognized the efforts of the men and women who took part in the NATO campaign that helped force Moammar Gadhafi from power. Canadian warplanes flew hundreds of missions over Libya in the spring and summer, while warships patrolled offshore.

Massacre survivor backs gun registry

My heart is heavy, she tells Commons committee

The Conservative government is ignoring evidence and common sense in dismantling the long-gun registry, says a survivor of the 1989 Montreal massacre.

Nathalie Provost, an engineer who was shot at the Ecole Polytechnique nearly 22 years ago, told the Commons public safety committee Thursday she's watching with a "heavy heart" as the Tories scrap the registry.

"Long guns are dangerous. And this I know."
NATHALIE PROVOST, MONTREAL MASSACRE SURVIVOR

Provost said: "It is with a heavy heart that I am witnessing the legislative process that is leading to the dismantling of one of the few positive outcomes of this tragedy: the law that helps save hundreds and hundreds of lives."

THE CANADIAN PRESS

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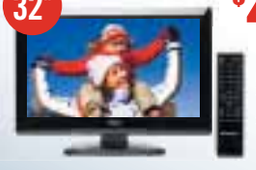

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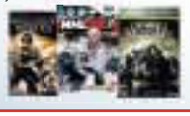

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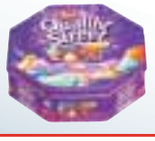

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SAVE BIG!

Web to get deeper, more interactive

One Millionth Tower called tip of iceberg in a big creative explosion

Today's World Wide Web is Flat Stanley, while its soon-to-arrive successor is more like Avatar in Imax 3-D.

Thanks to pioneering work being done in Toronto, our daily online experiences are on the verge of becoming a lot deeper and more interactive.

The new web is not a flat surface to surf over, but an immersive place, like a game, where people will navigate through a rich mix of video, photos, text and live data.

"This is like 1947 with television," says National Film Board producer Gerry Flahive says of the pivotal change.

Three weeks ago, the NFB released a taste of the riches to come, in the world's first immersive documentary, One Millionth Tower.

"It's a new box, new playground and a new language," says Flahive. "I'm excited by how it's expanding storytelling."

TORSTAR NEWS SERVICE

Open code

- The fifth generation of hypertext markup language (HTML5) allows software developers to embed video and live data (from the Weather Network, to Facebook and Twitter) without resorting to expensive and time-consuming plug-ins.
- HTML5 is known as open code, meaning that anyone, anywhere — basement hackers and professional programmers — can play with it and create new applications.

Lottery. Winners

▶ Don and Linda Ingram display their $50-million lottery cheque on Thursday in Toronto.

COLIN PERKEL/THE CANADIAN PRESS

50 million reasons to smile

Don, 53, and Linda, 59, of Oshawa, Ont., say they will now retire from work as restaurant cooks, buy a "comfy" home and help their two grown children.

Shock adverts put baby in bed with meat cleaver

The poster images are meant to shock: a diapered, cherubic baby sleeping on his stomach in an adult bed, a butcher knife next to him. In another, a rosy-skinned infant lightly fingers the handle of a cleaver.

"Your baby sleeping with you can be just as dangerous," reads the doom-saying tagline. The posters were unveiled in early November by Milwaukee's health department as part of a campaign to lower the city's infant mortality rate — currently 10.4 deaths for every 1,000 live births..

The campaign tackles bed-sharing, in which babies share a bed with their parents, suggesting that a child can become smothered. But parents and breastfeeding advocates say the sensationalized ad campaign overstates the risks.

HANDOUT

▶ The shock campaign.

The ads have stirred controversy among some pediatricians who claim bed-sharing promotes parent-infant intimacy or breastfeeding, which provides the baby with nutrients essential to staving off SIDS-related infections. In much of the world, bed-sharing is a cultural norm, said Dr. Jack Newman, of Toronto's Newman Breastfeeding Clinic and Institute, who says he was "appalled" by the ads.

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B.C. bank key to $200K mystery?

D.B. Cooper parachuted out of airliner with the cash

TERRI THEODORE/THE CANADIAN PRESS

▶ Galen Cook compares pictures of U.S. hijacker D.B. Cooper and suspect William Gossett. Cooper parachuted out of a jet with a fortune. Gossett had parachuting experience.

Amateur sleuth Galen Cook believes the answer to America's only unsolved hijacking lies in a Vancouver bank vault.

That's where the mysterious D.B. Cooper stashed $200,000 in extorted cash after parachuting out of a 727 jet 40 years ago Thursday, Cook says.

And the outlaw's son agrees with him.

Greg Gossett said he's "totally certain" his father, military veteran William Gossett, was D.B. Cooper.

Greg Gossett said his father once pulled an FBI sketch of D.B. Cooper from a locked file drawer and asked if Greg recognized the man.

Gossett said he told his father it looked like him. And he said his father — who died in 2003 — acknowledged he was D.B. Cooper. Cook, an Alaskan lawyer, is convinced William Gossett hid his money in a safety deposit box in a bank in Vancouver's Chinatown.

And Cook has spent years trying to track down the keys.

"This is one of the most intriguing unsolved crimes ever," Cook said.

THE CANADIAN PRESS

Guard threatens tot, gets turfed

A grocery store security guard in Everett, Wash., has been fired after telling the father of a four-year-old girl she'd face criminal charges for grabbing a dried fruit package and eating some fruit.

Safeway said the company was appalled by the guard's actions.

THE ASSOCIATED PRESS

Spidey. Takes Times Sq.

▶ A giant Spider-Man balloon thrills the Times Square crowds on Thursday. Two other balloons that were also hits: Snoopy and a jetpack-wearing monkey.

ANDREW BURTON/THE ASSOCIATED Ppress

The web slinger wows 'em

Macy's Thanksgiving Day Parade made its annual appearance through the streets of New York on Thursday — for the 85th year. It featured more than 40 balloon creations, 27 floats, 800 clowns and 1,600 cheerleaders.

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LEHTIKUVA, JANNE KOSKENNIEM/AP PHOTO

▶ The snowless, competition slope is seen in Levi, Finland, prior to the World Cup Alpine skiing races being moved to Austria from Finland because of the lack of snow.

Scandinavia's winter woes

Northern countries dealing with unusually warm start to winter
In Sweden, the temperature for November measured 7 C above average

For some reason, Scandinavia is not its frigid self, with unusually warm weather delaying the onset of winter in northern latitudes normally decked in white.

The lack of snow has been bad news for winter sports — World Cup ski races have been dropped, or held on artificial snow, and mountain ski resorts are unable to open.

There are even reports of bird song and blooming gardens in some places typically entering the winter freeze at this time of year.

"Some flowers, like roses, have actually begun to blossom for a second time," said Mats Rosenberg, a biologist in Orebro, south-central Sweden.

Weather experts say this fall is on track to become one of the warmest on record in the northern part of Scandinavia, where the start of winter has been delayed by more than a month in certain locations.

Earlier this month, World Cup Alpine skiing races were moved from Levi, Finland, to Austria because of the lack of snow.

Cross-country World Cup races in Norway last weekend had to be moved from barren ground in Beitostoelen to Sjusjoen, where at least it was cold enough for artificial snow to stick.

Ski lifts remain idle in Are, Sweden's biggest ski resort, which normally opens in the first half of November.

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Canada's asbestos sector halts

Canada's once-mighty asbestos sector has ground to a halt for the first time in 130 years, as production of the controversial fibre has stalled in both of the country's mines.

A shutdown this month marked a historic milestone for the Canadian asbestos industry, which at one time dominated world production and led to the construction of entire towns in Canada.

Work halted earlier this month at the Lac d'amiante du Canada operation in Thetford Mines, Que., which followed a production stoppage at Jeffrey Mine in Asbestos, about 90 kilometres away.

The future of both mines is unclear.

THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ The Jeffrey asbestos mine is shown in Asbestos, Que., on Oct. 7, 2011.

Cast of celebs tell U.K. inquiry of press intrusion

J.K. Rowling and Sienna Miller appear before media ethics inquiry

Writer J.K. Rowling and actress Sienna Miller gave a London courtroom a vivid picture on Thursday of the anxiety, anger and fear produced by living in the glare of Britain's tabloid media, describing how press intrusion made them feel like prisoners in their own homes.

The creator of boy wizard Harry Potter told Britain's media ethics inquiry that having journalists camped on her doorstep was "like being under siege and like being a hostage." Miller said years of car chases, midnight pursuits and intimate revelations had left her feeling violated, paranoid and anxious.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ British actress Sienna Miller arrives at the Leveson inquiry in London on Thursday.

"The attitude seems to be absolutely cavalier," Rowling said. "You're famous, you're asking for it."

The pair were among a diverse cast of witnesses — Hollywood star Hugh Grant, a former soccer player, a former aide to supermodel Elle Macpherson and the parents of missing and murdered children — who have described how becoming the focus of Britain's tabloid press wreaked havoc on their lives.

Prime Minister David Cameron set up the inquiry amid a still-unfolding scandal over illegal eavesdropping by the News of the World tabloid. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 1 P.M. THURSDAY

TSX	Dollar
- 86.39 (11,485.32)	+ 0.15¢ (95.52¢ US)
Oil	**Natural gas** $3.437 (- 2.3¢)
+ 0.86¢ US ($97.03 US)	**Gold** $1, 695.50 (- 40.0¢)

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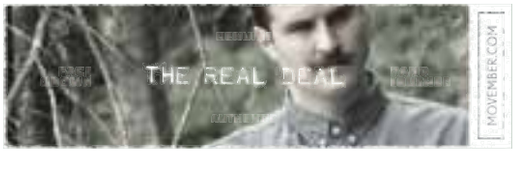

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WINNIPEG - MANITOBA
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THE KID IS BACK & DOGS CAN WALK IN THE PARK

THE METRO LIST

NEIL MORTON
METRO

1 Sidney Crosby. It was a day some thought might never come. Canada's Sid the Kid, out since early January with post-concussion syndrome, returned to the ice Monday night for his Penguins at home — with even CBC choosing to do a special broadcast. He was simply amazing, scoring two goals and two assists in a 5-0 storybook win over the Islanders. Yes, the best player in the world isn't just back — he's better than ever.

2 Feds and social media. Ottawa has rolled out formal guidelines for how their departments should use Twitter and Facebook, recognizing that "Web 2.0 is increasingly becoming a primary channel for sending, receiving and generating information." The guidelines also say public servants should be aware of the risks of operating in social media circles. In other words, look for tweets of political correctness.

3 Occupy camps. Occupy protest camps in Vancouver, Ottawa and Toronto were dismantled this week after eviction notices went out. The message(s) had been delivered, and the time had come for them to come down. The Toronto camp at St. James Park had taken on a life of its own: As Coun. Giorgio Mammoliti said, "We have Robin Hoods and makeshift Jesuses walking around, pretending that the park is theirs." Now it'll be Dog Park again.

4 Password. Hackers love those who choose "password" as their online password. And there are lots of you, according to Internet security firm SplashData, which released the top password name rankings based on millions of stolen passwords. The Top 5: 1. password 2. 123456 3. 12345678 4. qwerty 5. abc123. And you'd better be more creative than going with "monkey," you monkeys. That's No. 6 on the list.

5 Fox News. According to a new study, there is "something about watching Fox News that leads people to do worse on (news) questions than those who don't watch any news at all." The most informed respondents: People who listen to NPR, those who watch Sunday morning news programs and — best of all — viewers of The Daily Show with Jon Stewart.

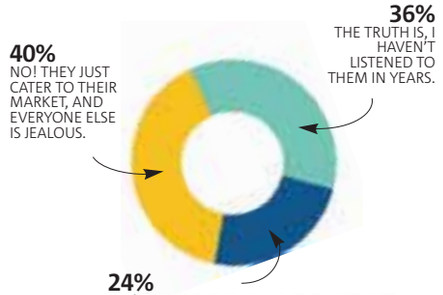
6 ABA. With the NBA season a virtual wipeout due to the lockout, maybe the American Basketball Association will catch on. The calibre of play may not be up to NBA standards, but teams like the Los Angeles SLAM and Gulf Coast Flash could become household names if national TV chooses to broadcast some games. The legendary Dr. J got his start in the original ABA. There could be another legend waiting in the wings.

7 Watch your gadgets. A new poll by polling/social media company Poll Position found that more than 60 per cent of us spend between one to six hours a day watching electronic devices like TV, computer screen, e-reader, PDA or cellphone. So what the heck is the other 40 per cent doing?

Follow Neil Morton on Twitter (@neilmorton).

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

Are Nickelback critics justified?


40%
NO! THEY JUST CATER TO THEIR MARKET, AND EVERYONE ELSE IS JEALOUS.
36%
THE TRUTH IS, I HAVEN'T LISTENED TO THEM IN YEARS.
24%
YES! THE HAIR, THE MUSIC, THE SUSTAINED ATTENTION — IT'S ALL A BIT MUCH.

Local tweets

- **@reverend_devin:** @metrowinnipeg What did people do on the bus before cellphones? #thoughts #imdevinbray #winnipeg
- **@katswagberry:** You know winnipeg has swag when there are bomber hats all over campus in london, ontario #winnipegpride
- **@JDGamble:** Like the new terminal at #Winnipeg airport. Though I miss the retro "Mad Men/Pan Am" vibe of the old one
- **@reasonablyfine:** I would die happy if I had Louis Armstrong's tone. There's a tribute in Winnipeg this weekend too, #yeeessss
- **@YWGSourpuss:** Despite knowing we're going to get kicked in the teeth by the weather sooner or later, I really need to gloat: #Winnipeg is balmy today.
- **@DylanSMacKay:** Trying to choose a perfect Winnipeg backdrop for our christmas photos. Narrowed it down to one of the rivers or someone getting stabbed.
- **@eqdw:** Every time it comes up, it still surprises me: NOBODY outside of Winnipeg knows what a social is

Daily Zoom

Lemurs give thanks

GETTY IMAGES

Lemurs enjoy Thanksgiving

CALIFORNIA. On this day, furry critters are thankful — even if they put their tails in their plates. Some ring-tailed lemurs had a feast at the Thanksgiving dinner at San Francisco Zoo. Fifteen grey lemurs tucked into a feast of green beans, fruit, sweet potatoes and a turkey made out of monkey chow. METRO WORLD NEWS

Polite males or bossy females?

BEHAVIOUR. The core group consists of females and their young. When the troop moves between feeding sites, this group settles into the best feeding spot and eats first. The males wait for them to finish or feed in a less desired tree nearby. It's women and children first, too, for often hard-to-find water that gathers in trees. MWN

50%

of the lemur diet consists of fruit from the tamarind tree, consumed mostly during the dry winter season. Lemurs have been observed eating decayed wood, earth, spider webs, insect cocoons, spiders, caterpillars, small birds and chameleons.

Lemur facts

- **Treasured lemur treats:** grapes, raisins and almonds.
- **1/3 of the at least 70 lemur species are endangered.**
- **Endemic to Madagsacar.** Nowhere else are they found in the wild.

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Synopsis

- Based on two books by Colin Clark, The Prince, The Showgirl and Me and My Week with Marilyn, the movie's main character isn't Monroe, but Clark (Eddie Redmayne), the third assistant director on The Prince and the Showgirl starring Sir Laurence Olivier (Kenneth Branagh) and Monroe. It was the summer of 1956 and Clark was a 23-year-old who, like the rest of the planet, was smitten with Monroe. The two form a bond, and for a few days it looks like his love for her might actually be reciprocated.
- **Ratings:**
  Richard: ⊕⊕⊕½
  Mark: ⊕⊕⊕

Reel Guys

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

HANDOUT

▶ Michelle Williams steals the show in My Week With Marilyn.

'Marilyn' charms

My Week With Marilyn gives its actors lots of chances to showcase their chops

Richard: Mark, almost 50 years after her death, Marilyn Monroe is still one of the best-known actresses in the world and yet Michelle Williams manages to bring something new to someone we thought we knew so well. Even though I liked this movie and thought that Monroe's off-screen life, as dramatic as anything she ever did on screen, is tenderly portrayed, the story isn't as interesting as the performance. What did you think?

Mark: This movie is definitely NOT the Marilyn Monroe biopic. It's a small, charming film about the havoc the sexiest woman in the world can have on those around her. The movie's fabulous first half sets up the characters, milieu, and conflicts, but then doesn't have anywhere to go. So the story is weak, as you say, but its pleasures are in the fine details, including Michelle Williams' amazing portrayal of Ms. Monroe, and the wonderful sense of time and place on a film set circa 1956. And I've never seen Kenneth Branagh better!

RC: Branagh is very good, but when placed against Williams's Monroe his work seems to lack the soul she brings to every frame of film. He does have many of the film's best lines, however. His delivery of lines like, "Trying to teach Marilyn to act is like teaching Urdu to a badger," is letter perfect and adds much to the movie but I think the Oscar nomination here will go to Williams.

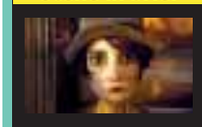
MB: The movie belongs to her, no question. But there are so many finely etched smaller parts that flesh out the movie. Judi Dench as the regal Dame Sybil Thorndike and Zoe Wanamaker as prickly acting coach Paula Strasberg are both exceptional. But why was the Arthur Miller part so underwritten? And were you impressed by Eddie Redmayne as the boy who becomes a man?

RC: His story should have been titled The Week I Almost Made It with Marilyn. It might have spiced up his role a bit. He's good, I think, but when Williams and Branagh are on screen he disappears. He's a main character but unfortunately for him he's saddled with a quiet role in a movie filled with bravura performances.

MB: I thought the movie was quite funny in places, by the way; the clash of acting styles between the Brits and the Yanks made for good fun, as did Branagh's growing exasperation with his star. But the abrupt turnaround at the end of the movie where he gushes over Marilyn's "natural, intuitive talent" seemed forced and false.

2 scene

Scene in brief



The National Film Board of Canada's website now has a download-to-own feature alongside its free streaming. Users can go to nfb.ca to buy and download digital versions of its titles, from acclaimed shorts to animated and dramatic features and documentaries. Just click on the "buy the digital version" button on each film's webpage, or browse titles at the NFB's Digital Boutique, nfb.ca/digital-boutique. METRO

G.I. Joe 2 crew member killed during filming in New Orleans.

We give thanks for these films

With Thanksgiving weekend underway down south, we thought we'd show our gratitude for these great flicks

It's Thanksgiving weekend in the U.S., with our southern neighbours reflecting on the people and things for which they're grateful. Since we love movies, we thought it would be a good time to choose five for which we're thankful. These are the cinematic equivalent of comfort food; ones that can be watched over and over again, and always rely on making you laugh, lift you up or provide an escape. (The inclusion of anything by John Hughes goes without saying.) Ask us next week and this list might be different. But for this weekend, dig in.

Rushmore (1998)

This remains Wes Anderson's best movie. Young Jason Schwartzman, making his film debut, stars as Max Fischer, who's involved in everything at the exclusive Rushmore Academy. A restrained Bill Murray is hilarious as the depressed father of a couple of Max's classmates, with whom Max forms an unlikely friendship — until they fall for the affections of the first-grade teacher.

The Sound of Music (1965)

Yes, it's a huge movie and a classic, winner of five Academy Awards. But there's something so personal about it; we all grew up watching it — it's one of those movies that is on television every year around the holidays. Why shouldn't Julie Andrews be able to come up with just the perfect, inspiring tune on the spot, or make play clothes out of drapes for all seven Von Trapp children, and still find time to make goo-goo eyes at the captain?

This is Spinal Tap (1984)

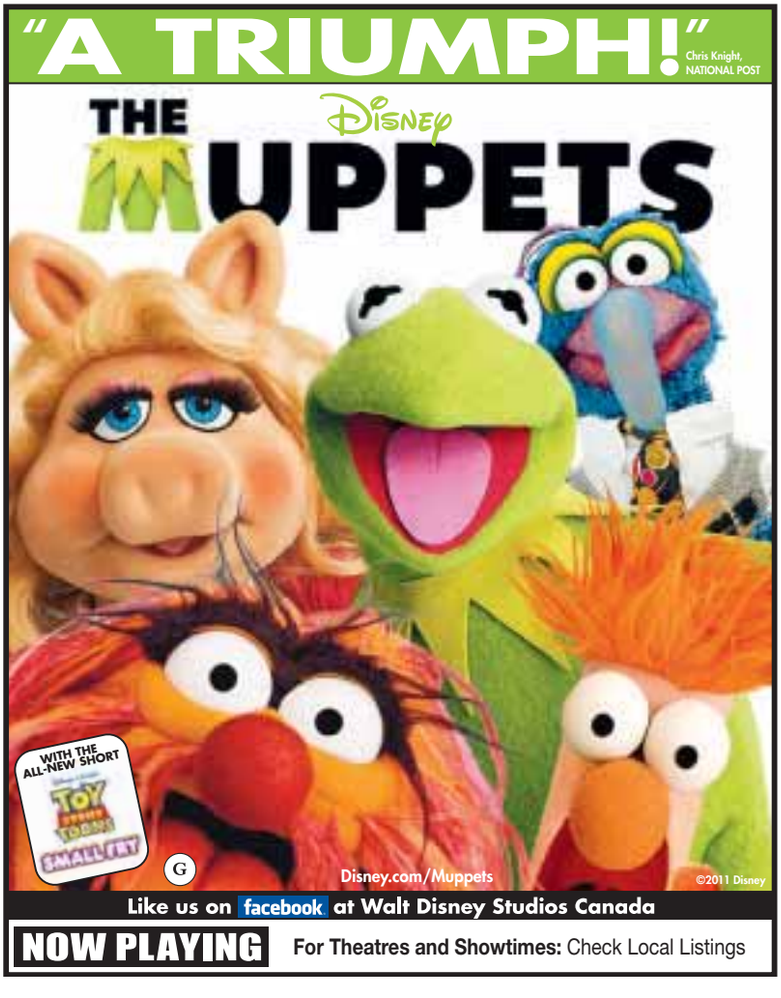
Pretty much the greatest mockumentary ever, the one that launched Christopher Guest's entire oeuvre. So many great, quotable lines. So many ridiculous songs in this fake behind-the-scenes look at a spectacularly awful and over-the-top British rock band. So many small, deadpan ad-libs that produce huge laughs.

The Big Lebowski (1998)

Admittedly, this is not the Coen brothers' best film, but the cult of Lebowski is just too powerful. There's something hypnotic about it: the way The Dude navigates the increasingly surreal adventure in which he's found himself. Bowling, Vietnam, white Russians, porn, a toe with green nail polish on it and a crucial rug all collide in weird and wonderful ways. No matter what Jeff Bridges accomplishes, he will always be The Dude.

Sleeping Beauty (1959)

This Disney animated film is an uncharacteristically chickish choice on our part, given its themes of a woman in peril who needs a man to rescue her. So no, it's not terribly forward-thinking. But when you were little didn't it all seem so romantic? Aurora was so gorgeous and graceful, tall and blond, the epitome of feminine beauty back then. THE ASSOCIATED PRESS



Director tackles Walesa

Andrzej Wajda, 85, says new film on Walesa will be a great challenge

Oscar winner Andrzej Wajda said Thursday that his new film on former Polish president and Solidarity founder Lech Walesa will be his greatest challenge in 55 years as a director.

"This will be the most difficult movie I have made in my life," Wajda, 85, told a news conference. "I don't want to, but I have to," he said, quoting a line Walesa coined and often used while president in the early 1990s.

Wajda — the director of The Promised Land and Katyn — begins shooting Walesa on Dec. 1 in the Baltic port city of Gdansk, where in 1980 then-unemployed electrician Walesa seized the reins of a shipyard wage protest and turned it into a nationwide solidarity movement that helped lead to the downfall of communism a decade later. Wajda described Walesa as a hero who had a "true victory" in leading Poland out of decades of Moscow-imposed communism and into sovereignty, without any lives being lost. The director said documentary footage from the Walesa-led strike in the Gdansk shipyard and the ensuing successful talks with communist authorities will be woven into the movie that is to debut in Poland in the fall of 2012.

Janusz Glowacki — an off-Broadway Polish playwright — has written the screenplay. Glowacki said the aim of his script is to portray Walesa as a "fascinating person," not build a monument to him. "I tried to put together things heroic with funny things," Glowacki said, adding that he wanted to show Walesa as a "giant who stumbles, falls but then rises."

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

▶ Andrzej Wajda

Polish actors Robert Wieckiewicz and Agnieszka Grochowska will play the roles of Walesa and his wife, Danuta. The movie will span the period between the worker street protests of 1970, in which Walesa took part, to his speech before the U.S. Congress in the fall of 1989, shortly after the end of communism in Poland and a year before he became the first popularly elected president.

THE ASSOCIATED PRESS

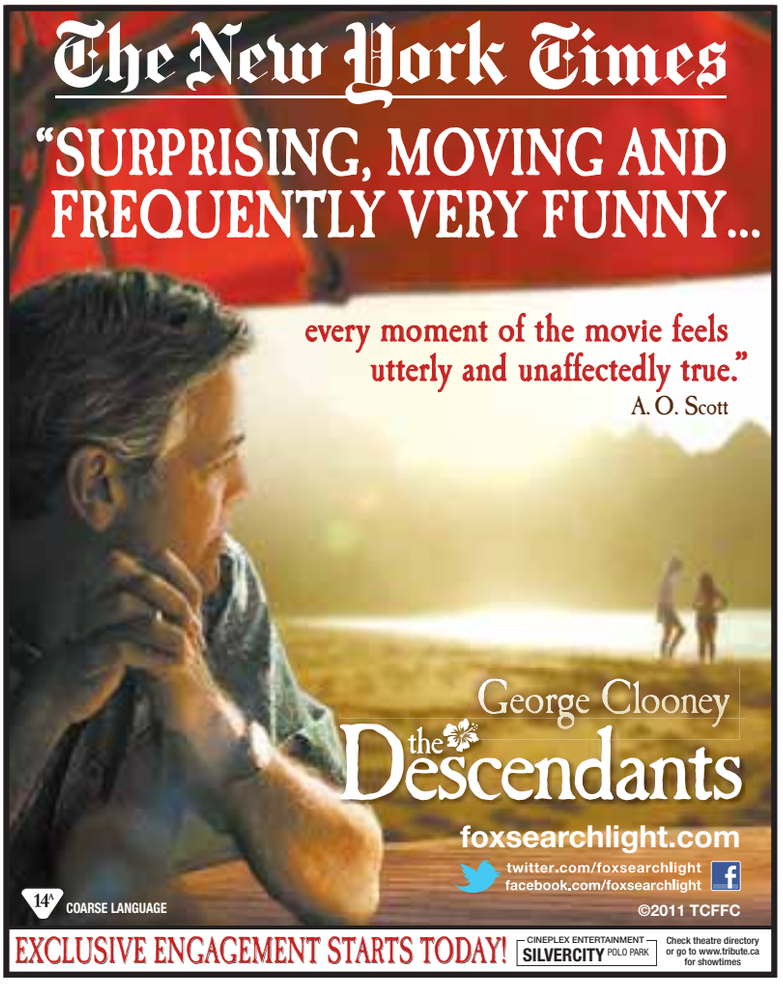
Movies

The Descendants
Genre: Comedy/Drama
Director: Alexander Payne
Stars: George Clooney, Shailene Woodley

●●●●●

Director Alexander Payne's first film since Sideways continues his exploration of men disconnected from their lives. Centred on the tough choices Matt King (Clooney) must make after his wife is left in a coma, King is forced to reconnect with his two daughters, deal with his sick wife's infidelity and shepherd a family land deal in their native Hawaii. The Descendants lays bare the raw and mixed emotions that come when making decisions without having all the answers.

IAN GORMELY



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HANDOUT

▶ Robert Pattinson and Kristen Stewart reprise their roles as Edward and Bella in The Twilight Saga: Breaking Dawn Part 1.

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Contagion (STC) Fri-Thu 2:10-4:50-7:55-10:30
Crazy, Stupid, Love. (PG) Fri-Thu 12:50-4:10-7:10-9:55
Dolphin Tale (G) Fri-Thu 12:35-3:20-6:30-9:10
Don't Be Afraid of the Dark (STC) Fri-Thu 9:20
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 9
The Help (PG) Fri-Thu 12:30-3:40-6:50-10
Johnny English Reborn (PG) Fri-Thu 2:30-5-7:30-10:10
The Lion King 3D (STC) Fri-Thu 1-3:50-6:20
Moneyball (PG) Fri-Thu 1:20-4:20-7:20-10:15
The Smurfs (G) Fri-Thu 1:10-3:35-6:10
The Three Musketeers 3D (PG) Fri-Thu 2-4:55-7:40-10:25
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Cinema City Northgate 1399 McPhillips Street, 204-334-6234

Contagion (STC) Fri 3:50-6:20-8:50 Sat-Sun 1-3:50-6:20-8:50 Mon-Thu 5:30-8
Dolphin Tale (G) Fri 4-6:30-9 Sat-Sun 1:10-4-6:30-9 Mon-Thu 5-7:30
Don't Be Afraid of the Dark (STC) Fri 4:30-7:10-9:30 Sat-Sun 1:40-4:30-7:10-9:30 Mon-Thu 5:40-8:10
The Help (PG) Fri 3:40-6:50-9:50 Sat-Sun 12:40-3:40-6:50-9:50 Mon-Thu 4:30-7:40
Hero Hitler in Love (14A) Fri 3:30-6-8:40 Sat-Sun 12:30-3:20-6-8:40 Mon-Thu 4:50-7:50
Johnny English Reborn (PG) Fri 4:20-6:40-9:10 Sat-Sun 1:30-4:20-6:40-9:10 Mon-Thu 5:10-7:30
Moneyball (PG) Fri-Sun 8:20 Mon-Thu 7:20
The Smurfs (G) Fri 3:30-5:50 Sat-Sun 12:50-3:30-5:50 Mon-Thu 4:40
The Three Musketeers (PG) Fri 4:10-7-9:30 Sat-Sun 1:20-4:10-7-9:30 Mon-Thu 5:20-7:50

Cinematheque 304-100 Arthur, 204-925-3457

Submarine (STC) Fri-Sat 9:30 Wed-Thu 9:30

City Cinema - Northgate 1399 McPhillips, 204-334-6234

Contagion (STC) Fri 3:50-6:20-8:50 Sat-Sun 1-3:50-6:20-8:50 Mon-Thu 5:30-8
Dolphin Tale (G) Fri 4-6:30-9 Sat-Sun 1:10-4-6:30-9 Mon-Thu 5-7:30
Don't Be Afraid of the Dark (STC) Fri 4:30-7:10-9:30 Sat-Sun 1:40-4:30-7:10-9:30 Mon-Thu 5:40-8:10
The Help (PG) Fri 3:40-6:50-9:50 Sat-Sun 12:40-3:40-6:50-9:50 Mon-Thu 4:30-7:40
Hero Hitler in Love (14A) Fri 3:30-6-8:40 Sat-Sun 12:30-3:20-6-8:40 Mon-Thu 4:50-7:50
Johnny English Reborn (PG) Fri 4:20-6:40-9:10 Sat-Sun 1:30-4:20-6:40-9:10 Mon-Thu 5:10-7:30
Moneyball (PG) Fri-Sun 8:20 Mon-Thu 7:20
The Smurfs (G) Fri 3:30-5:50 Sat-Sun 12:50-3:30-5:50 Mon-Thu 4:40
The Three Musketeers (PG) Fri 4:10-7-9:30 Sat-Sun 1:20-4:10-7-9:30 Mon-Thu 5:20-7:50

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1555 Regent Ave W, 204-663-2166

Arthur Christmas (G) No Passes Fri 4-6:30-9 No Passes Sat-Sun 1:20-4-6:30-9 No Passes Mon-Thu 6-8:30
Happy Feet Two (G) No Passes Fri 3:40-6:20-8:50 No Passes Sat-Sun 1:10-3:40-6:20-8:50 No Passes Mon-Thu 5:20-7:50
Jack and Jill (PG) Fri 4:20-7:10-9:40 Sat-Sun 1:30-4:20-7:10-9:40 Mon-Thu 6:10-8:40
The Muppets (G) No Passes Fri 3:50-6:50-9:30 No Passes Sat-Sun 12:50-3:50-6:50-9:30 No Passes Mon-Thu 5:40-8:20
Puss in Boots (G) Fri 4:10-6:40-9 Sat-Sun 1:40-4:10-6:40-9 Mon-Thu 5:50-8:10
The Twilight Saga: Breaking Dawn Part 1 (PG) No Passes Fri 4-7-9:50 No Passes Sat-Sun 1-4-7-9:50 No Passes Mon-Thu 5:30-8:30

Grant Park 8 Cinemas 1120 Grant Ave., 204-453-4084

Arthur Christmas (G) Dolby Stereo Digital, Stadium Seating Fri 4:05-6:45-9:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 1:10-4:05-6:45-9:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:05-6:45-9:30
Happy Feet Two 3D (G) Dolby Stereo Digital, Stadium Seating, No Passes Fri 3:20-6:35-9:20 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:20-3:20-6:35-9:20 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 3:20-6:35-9:20
Hugo (PG) Dolby Stereo Digital, Stadium Seating Fri 4-7-9:45 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:35-4-7-9:45 Dolby Stereo Digital, Stadium Seating Mon-Thu 4-7-9:45
J. Edgar (PG) Dolby Stereo Digital, Stadium Seating Fri 3:45-6:50-9:50 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:50-3:45-6:50-9:50 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:45-6:50-9:50
Like Crazy (14A) Dolby Stereo Digital, Stadium Seating Fri 3:50-7:05-10:15 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:40-3:50-7:05-10:15 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:50-7:05-10:15
The Muppets (G) Dolby Stereo Digital, Stadium Seating Fri 3:55-6:55-9:35 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:45-3:55-6:55-9:35 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:55-6:55-9:35
Puss in Boots (G) Dolby Stereo Digital, Stadium Seating Fri 3:40-6:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:25-3:40-6:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:40-6:30
Tower Heist (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 10:05
The Twilight Saga: Breaking Dawn Part 1 (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri 3:30-6:40-9:55 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:30-3:30-6:40-9:55 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:30-6:40-9:55

IMAX Theatre at Portage Place Y003-393 Portage Avenue, 204-956-4629

Born to Be Wild 3D (G) Sat-Sun 12 Thu 11
Coral Reef Adventure (STC) Mon 12
Egypt 3D: Secrets of the Mummies (STC) Fri 10:30 Tue 10-1:15 Wed 1
Grand Canyon Adventure: River at Risk (STC) Wed 10:30
The Human Body (STC) Fri 11:30-1:45 Mon 11 Thu 12:10
Real Steel: The IMAX Experience (PG) Fri 3-7:15 Sat 2:30-7:15 Sun 2:30
Space Station (STC) Tue-Wed 12:10
Tornado Alley 3D (G) Fri 12:45-6 Sat 1:15-6 Sun 1:15 Mon 10 Thu 1:15
The Ultimate Wave Tahiti 3D (STC) Wed 11:45
Wild Ocean 3D (G) Wed 9:30

Landmark Globe Cinema 393 Portage Ave, 204-943-1583

Martha Marcy May Marlene (14A) Fri 7:10-9:20 Sat 1:15-3:30-9:20 Sun 1:15-3:30-7:10-9:20 Mon-Thu 7:10-9:20
Melancholia (14A) Fri 6:50-9:40 Sat-Sun 1-3:50-6:50-9:40 Mon-Thu 6:50-9:40
The Way (PG) Fri 7-9:30 Sat-Sun 1:10-3:40-7-9:30 Mon-Thu 7-9:30
We Bought a Zoo (G) Sat 7:10

Landmark Towne Cinema 8 301 Notre Dame Avenue, 204-947-2848

Arthur Christmas (G) Fri 7-9:20 Sat-Sun 1:30-4-7-9:20 Mon-Thu 7-9:20
Happy Feet Two (G) Fri 7-9:15 Sat-Sun 1-3:30-7-9:15 Mon-Thu 7-9:15
Immortals (18A) Fri 7-9:30 Sat-Sun 1-3:30-7-9:30 Mon-Thu 7-9:30
J. Edgar (PG) Fri 6:45-9:30 Sat-Sun 1-3:45-6:45-9:30 Mon-Thu 6:45-9:30
Jack and Jill (PG) Fri 7:15-9:30 Sat-Sun 1-3:30-7:15-9:30 Mon-Thu 7:15-9:30
The Muppets (G) Fri 6:45-9:15 Sat-Sun 1:15-3:45-6:45-9:15 Mon-Thu 6:45-9:15
Puss in Boots (G) Fri 7:15-9:20 Sat-Sun 1:30-3:45-7:15-9:20 Mon-Thu 7:15-9:20
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri 6:45-9:30 Sat-Sun 1:15-4-6:45-9:30 Mon-Thu 6:45-9:30

SilverCity Polo Park 815 St. James Street, 204-774-1001

Arthur Christmas 3D (G) No Passes Fri-Sun 12:35-3-5:25-7:55-10:20 No Passes Mon-Thu 2:15-4:45-7:25-9:50
Ben-Hur (STC) Sun 12:30
Collaborators (STC) Thu 7
The Descendants (14A) No Passes Fri-Sun 11:30-2:15-5-7:45-10:30 No Passes Mon-Tue 1:45-4:35-7:25-10:10 No Passes Wed 4:35-7:25-10:10 No Passes Thu 1:45-4:35-7:25-10:10 Star & Strollers Screening, No Passes Wed 1
Happy Feet Two (G) No Passes Fri-Sun 1:15-4:15 No Passes Mon-Thu 2:35-5:05
Happy Feet Two: An IMAX 3D Experience (G) No Passes Fri-Sun 12-2:30-5-7:30-9:50 No Passes Mon-Thu 2-4:30-7-9:30
Hugo 3D (PG) No Passes Fri-Sun 2-4:50-7:40-10:25 No Passes Mon-Thu 1:55-4:40-7:30-10:15
Immortals 3D (18A) Fri-Sat 12:15-2:55-5:35-8:15-10:55 Sun 5:35-8:15-10:55 Mon-Thu 2:25-5:10-7:50-10:30
J. Edgar (PG) Fri-Sun 12:45 Mon-Thu 2:30
Jack and Jill (PG) Fri-Sun 1:20-3:40-6-8:20-10:45 Mon-Thu 2:40-4:55-7:20-9:40
The Muppets (G) No Passes Fri-Sun 11:35-2:15-4:55-7:35-10:15 No Passes Mon 1:50-4:25-7:35-9:45 No Passes Tue-Wed 1:50-4:25-7:05-9:45 No Passes Thu 1:50-4:25-7:35-10:25
My Week With Marilyn (14A) Fri-Sun 12:40-3:10-5:40-8:10-10:40 Mon-Thu 2:10-5:05-7:35-10:05
Puss in Boots (G) Fri-Sun 12:50-3:10-5:30-7:50-10:10 Mon-Thu 2:45-5-7:15-9:35
Raiders of the Lost Ark (STC) Mon 7
Tower Heist (PG) Fri-Sun 7:10-9:45 Mon 10:20 Tue-Wed 7:45-10:20 Thu 10:20
The Twilight Saga: Breaking Dawn Part 1 (PG) No Passes Fri-Sun 11:40-2:25-5:10-8:10:45 No Passes Mon-Thu 2:05-4:50-7:40-10:30 No Passes Fri 12:30-1:30-3:15-4:20-6:40-7:20-9:25-10:05 No Passes Sat 12:30-1:30-3:15-4:20-7:20-10:05-10:30 No Passes Sun 12:30-1:30-3:15-4:20-6:40-7:20-9:25-10:05 No Passes Mon-Tue 1-1:30-3:45-4:15-6:40-7:10-9:25-10 No Passes Wed 1:30-3:45-4:15-6:40-7:10-9:25-10 No Passes Thu 1-1:30-3:45-4:15-6:40-7:10-9:25-10 Star & Strollers Screening, No Passes Wed 1
A Very Harold & Kumar Christmas (18A) Fri-Sun 3:50-6:10-8:30-10:50 Mon-Thu 5:40-8:10-10:25
We Bought a Zoo (G) No Passes Sat 7

SilverCity St. Vital 110-1225 St Mary's Rd, 204-256-3901

Arthur Christmas 3D (G) No Passes Fri-Mon 1:10-3:50-6:30-9:10 No Passes Tue-Thu 3:50-6:30-9:10
Happy Feet Two 3D (G) No Passes Fri-Mon 1:40-4:20-7:10-9:40 No Passes Tue-Thu 4:20-7:10-9:40
Hugo 3D (PG) No Passes Fri-Mon 1-4-7-10 No Passes Tue-Thu 4-7-10
Immortals (18A) Fri-Mon 1:10-4:10-7:10-10:10 Tue-Thu 4:10-7:10-10:10
Jack and Jill (PG) Fri-Mon 2-4:50-7:40-10:30 Tue-Thu 4:50-7:40-10:30
The Muppets (G) No Passes Fri-Mon 1:50-4:40-7:20-10:20 No Passes Tue-Thu 4:40-7:20-10:20 Star & Strollers Screening, No Passes Thu 1
Puss in Boots (G) Fri-Mon 12:50-3:10-5:30-7:50-10:10 Tue-Thu 5:30-7:50-10:10
Tower Heist (PG) Fri-Mon 1:20-4:10-6:40-9:20 Tue-Wed 4:10-6:40-9:20 Thu 4:10-10:20
The Twilight Saga: Breaking Dawn Part 1 (PG) No Passes Fri-Mon 12:50-1:30-3:50-4:30-6:50-7:30-9:50-10:30 No Passes Tue-Thu 3:50-4:30-6:50-7:30-9:50-10:30 Star & Strollers Screening, No Passes Thu 1

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Hate if you want, someone buys it

Nickelback has sold over 50 million records worldwide The world's most unpopular popular band returns

JOHAN KELLMAN LARSSO
SCENE@METRONEWS.CA

They got their big break in 2001 with the release of Silver Side Up.

Since then, post-grunge rockers Nickelback have sold an astonishing 50 million records. Here and Now, which was released this week, is their seventh studio album.

"On Here and Now, there's something for everyone, from really aggressive rock to more melodious pop," the band's front man and singer Chad Kroeger tells Metro.

After the release of their last album in 2008, the band went on a two-year-tour.

Since then they have reloaded and recorded a new album in their own studio in Vancouver.

"Right now we're in the honeymoon phase — the fans still haven't heard the album so we can still enjoy it all to ourselves. As soon as it's released it will be a different thing."

Guitarist Ryan Peake says the band is planning to include countries they haven't played in for a long time on their new tour.

"We could do our usual route, but we are keen to give something back to fans who haven't seen us for many years," says Ryan Peake.

URBAN BRÅDHE/METRO WORLD NEWS

Chad Kroeger and Ryan Peake

RECORD STORE NOSTALGIA THICK FOR AUDIOPHILES

SOUND CHECK

ALAN CROSS
SCENE
@METRONEWS.CA

As CD sales continue to crater, record stores have to reinvent themselves.

GETTY IMAGES

Something has been lost in the modern world of music.

Naturally, some of us grow misty at what record store shopping used to be like.

No. 1: Separate sections for vinyl, CDs and pre-recorded cassettes
People forgot that pre-recorded cassettes were briefly better sellers than vinyl or CDs. Back in the middle '80s, if you couldn't find that album on one format, chances are you'd find it in one of the other sections.

No. 2: The 45 section
I used to spend hours flipping through the singles section at Sam the Record Man. I couldn't afford full albums but I could afford a 99-cent 45. This store had rows and rows and rows of them. Funny how the price hasn't changed.

No. 3: The longbox
Retailers initially resisted stocking CDs because they had spent millions on shelving displays for both vinyl and cassettes. Now the labels wanted more investment in new shelving? A compromise was reached in the form of the "longbox," wasteful paper and/or plastic packaging that was about as wide as a CD but 12-inches long. This meant two rows of CDs could occupy the same bin space as one row of albums. The worst ones were all-plastic heat-sealed ones that required industrial tinsnips to open.

No. 4: Midnight Record Sales
In the days before the Internet, the only way to be the first of your friends to own the new album from your favourite group was to line up outside the record store on the day it came out. If the album was big enough, stores would stay open past midnight, and at 12:01 a.m. on release day, they'd let everyone in to buy the record.

No. 5: The big record catalogue
Somewhere in these old record stores was a giant catalogue of available albums and singles across all genres.

Generally it was clamped to a heavy stand somewhere that the clerks could make sure that no one was ripping out pages. This is where one would look to see if a record that wasn't in stock was even available. If it was, you'd order it by its catalogue number. If you were lucky, you'd have the record in a couple of weeks.

Quaint, I know, but I still miss this stuff.

ALAN IS THE HOST OF THE RADIO SHOW THE SECRET HISTORY OF ROCK. REACH HIM AT ALAN@ALANCROSS.CA

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Friday, December 2 - The Thrashers, All On Red, The Pinkslips & Threw ... $8 at the door
Saturday, December 3 - Dissolution, Eyam, Hell And Malfunction, Kaluza & C#nt Punisher ... $5 at the door
Friday, December 9 - Annex Theory 'CD Release Party' w/ Tyrants Demise, Long Term Enemy & On This Day ... $10 at the door
Saturday, December 10 - Eprom(California), DJ Coda w/ MC Pucona & Theo Tzu ... Adv.tix $10
Friday, December 16 - Judas Priest Dance Party(tribute band), Big Trouble In Little China & Lonely Vulcans ... $8 at the door
Saturday, December 17 - Psychotic Gardening, Jagstop(Ontario) w/ guests
Friday, December 23 - New Renaissance, El Diablo w/ guests
Saturday, December 31 - "New Years Eve Party" Feat. Bladelazer, Tyrants Demise w/ guests

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Friday, November 25 - Creep, Giv'R & Prodiggy ... Adv.tix $5 / $7 at the door
Saturday, November 26 - "MOVEMBER 2011" Cancer Fundraiser Feat. Voth & Ric Hard ... $8 before midnight/$10 after
Sunday, November 27 - The Unbelievers(Ontario), Less Than Gone & Socially Inept...$5 at the door
Wednesday, November 30 - 'New Music Wednesdays' Feat. Mad Young Darlings, Alverstone & The Holy Rollers...$3 at the door
Thursday, December 1 - 'Big Dancing' Feat. Torra Torra(Ontario), Ric Hard & The Hosers ... $5 before 11pm
Friday, December 2 - Electric Soul, Modern Man & Oceans Of Sound ... $5 at the door
Saturday, December 3 - "THE BALL"(Fetish Event)
Wednesday, December 7 New Music Wednesdays MB Music Night. Feat. Few Who Do, Scott Hinkson & Lois Gillespie $3 door
Friday, December 9 - VS Tomorrow, The Bee Keepers & Suicide Fawkface
Wednesday, December 14 - 'New Music Wednesdays' Feat. Mad Habit w/ guests ... $3 at the door
Wednesday, December 21 - 'New Music Wednesdays' Feat. Alaska Cameron, Eagle Lake Owls & Flat City Folk ... $3 at the door
Saturday, December 31- "APOCALYPSE 2012" Feat. Dj Razed, Dj Macabria, Dj Count Zero, Soul Killing Female & Synthroid...Adv. tix $7 / $10 at the door

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Which way to Carnegie Hall?

Mraz talks about his journey and how his performances have found their way to the biggest venues on Earth

MEREDITH ENGEL
SCENE@METRONEWS.CA

It's nighttime in Indonesia when we get Jason Mraz on the phone, although day broke just a few hours prior in New York.

Mraz is in Bali for his latest tour, which features just him and percussionist Toca Rivera performing at iconic venues like the Sydney Opera House and, this week, Carnegie Hall.

Mraz gave us some insight into these stripped-down shows.

How's your tour going so far?

I can't complain because we're in Bali at the moment, and I never thought that my tours would bring me here.

The night before last we played in Taiwan to a captive crowd of 3,000 people. As a musician, you get spoiled when an audience gives you the silence that you crave.

When there's a silent cavern for you to perform in, the sound truly exists in its truest form and I get off on that.

Why did you decide to play Carnegie Hall?

We really just tried to pick great locations and great venues that we've always wanted to play, because this isn't about promoting an album — we're just having an opportunity to put our music out there.

We could come to New York and play in any theatre or club, and our fans would come, but why not give them the experience of Carnegie Hall as well?

And for the musician, it's perhaps the pinnacle. It's what you to aspire to, to play in these historic venues.

I've played in more than one basketball court, and arena, and coliseum, but when you get to play in a venue that was created specifically for music or art, then the words, the lyrics — it's going to be so much more powerful in that space, as will the receiving of those words, the listening.

Are things different when you play these songs now, as opposed to when you first wrote them?

I think the only thing that's changed, honestly, other than time, are little silly things like hotel accommodations.

The core of what we do is the same: We're still singing songs about gratitude, transformation, self-awareness, love, self-empowerment — it's just really human stuff.

One of your shows at Carnegie Hall will be just for children. Do you have babies on the brain or something?

I don't have babies on the brain (laughs), but I have many friends who do have babies on their laps.

I've written a few songs in the past couple of years that I've set aside because I've said, "These sound like they belong on a kids album."

Reintroducing these songs in a kids show seems like the best place to test the material out before I do dive into something like a kids album, which I think will show up in the next couple of years.

It's not that I wanna make an album for kids, it's that I wanna make an album for the parents who I know have to listen to kids albums a thousand times in a row.

My brother, for instance, who has a five-year-old son, we get in the car and the most absurd music comes on and the song is on repeat — I don't know what it is, but it's all like noise and bells and whistles and goofy voices and stuff.

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Third time's the charm for Britney?

Rumour has it Britney's beau is shopping for an engagement ring Don't expect anything too bling — source says ring is 'classy and under four carats'

ALL PHOTOS GETTY IMAGES

▶ Britney Spears and Jason Trawick

Britney Spears may be gearing up to tie the knot for the third time, as her boyfriend, Jason Trawick, is reportedly close to finding the perfect engagement ring for the singer, according to Radar Online.

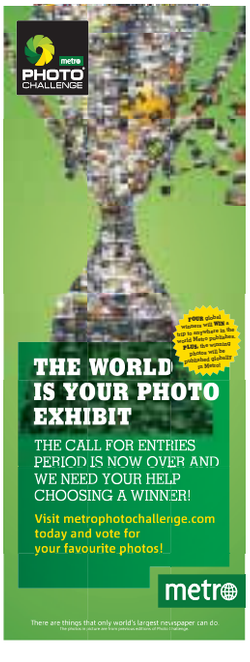
"He has been everywhere from Tiffany to Harry Winston looking for a ring and he is close to making his final decision," a source says.

"Don't expect anything too massive or obnoxious. This ring will be classy and under four carats."

"Britney and Jason discuss marriage all the time. Britney is truly in love with Jason, and well, Jason has loved her for a very, very long time."
SOURCE

And a wedding for the two is reportedly just a matter of when, not if, according to another source.

"Britney and Jason discuss marriage all the time. Britney is truly in love with Jason, and well, Jason has loved her for a very, very long time."
METRO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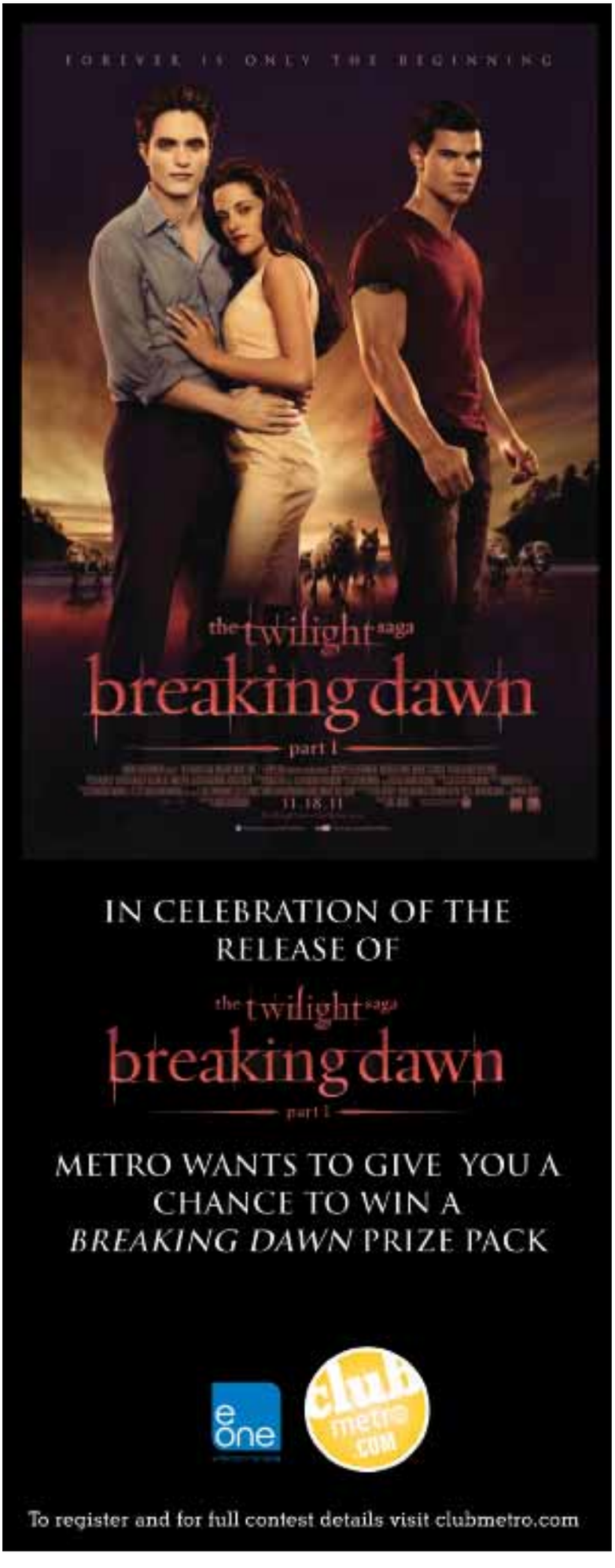
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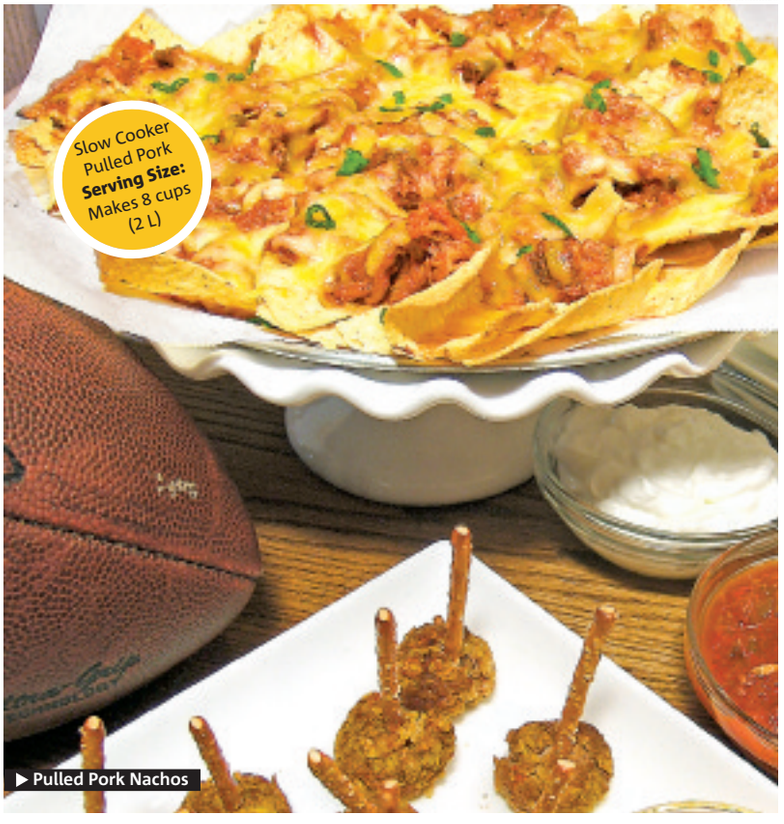
EMILY RICHARDS
FOOD@METRONEWS.CA

It's game time! Pull out your tortilla chips for this Grey Cup recipe. When watching the game this Sunday and rooting for the B.C. Lions or Winnipeg Blue Bombers, enjoy some delicious food that can be made ahead of time and enjoyed with family and friends during the game.

Slow Cooker Pulled Pork Preparation:

This pulled pork is perfect for a crowd and can be enjoyed on buns as sandwiches or spooned over fries, then sprinkled with cheese and baked for pulled pork poutine. My new game favourite is enjoying pulled pork nachos.

EMILY RICHARDS



▶ Pulled Pork Nachos

1. In slow cooker, whisk together passata, onion, sugar, Worcestershire sauce and garlic; set aside.
2. In small bowl, combine oil, chilli powder, dry mustard, salt and pepper. Rub all over pork roast to coat..
3. Heat large non-stick skillet over medium-high heat and brown pork roast on all sides. Place in slow cooker. Turn slow cooker on low for 8 to 10 hours or on high for 4 to 6 hours or until pork is fork tender. Remove roast from slow cooker and using 2 forks, shred meat and remove fat. Return pork to slow cooker and stir to coat with sauce.

Slow Cooker Pulled Pork Ingredients:

- 1 jar (680 mL) tomato passata (strained tomatoes)
- 1 onion, grated
- 1/3 cup (80 mL) packed brown sugar
- 2 tbsp (30 mL) Worcestershire sauce
- 2 cloves garlic, minced
- 1 tbsp (15 mL) canola oil
- 2 tbsp (30 mL) chilli powder
- 1 tbsp (15 mL) dry mustard
- 1/4 tsp (1 mL) each salt and pepper
- 1 pork shoulder roast, about 3 lb/1.5 kg

Liquid Assets

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

I don't come to football naturally. I'm much more of a baseball kind of guy. But thanks to my in-laws' passion for the game I've learned to appreciate the art that goes into throwing the old pigskin around.

While many of you will be toasting this year's face-off with a beer, I prefer a glass of vino or two.

Taking a cue from each team's colours (and knowing that cheesy nachos will be on the menu), I went searching for a couple of similarly dressed liquids.

To represent the Bombers my pick is the Schmitt Söhne 2010 Relax Riesling ($11.95 - $14.29), a fast food-friendly German white with a sweet, soft apple personality and groovy, cobalt blue bottle.

To support the Lions, the orange labelled Barefoot Cellars Shiraz ($9.99 - $10.99), which offers up soft, lightly spiced jammy berry fruit, works well with eclectic cuisine.

PETER ROCKWELL IS THE EVERYMAN'S WINE WRITER, WORKING IN THE LIQUOR INDUSTRY FOR MORE THAN 25 YEARS AND TRAVELLING THE GLOBE LOOKING FOR SOMETHING TO FILL HIS GLASS AND PUT INTO WORDS.

A Winnipeg company is currently looking for an employee with exceptional knowledge of Cantonese and Szechuan style cuisine (including traditional Hong Kong dim sum and Hong Kong style bakery and pastry), is able to and willing to train and to provide recipes and share your skills and knowledge and cooking techniques to the master chefs and sous chefs of the company. You have the following experience: (i) over 5 years experiences of training chefs; (ii) over 5 years experiences of a master chef; and (iii) experiences with opening new restaurants. We offer a competitive salary and comprehensive benefits package. Please send your resume to the following: Eric at: epl663@hotmail.ca

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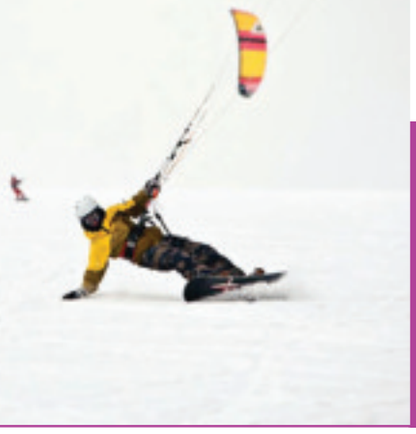

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Your holiday mission

To get Call of Duty: Modern Warfare 3 as a gift, as well as other popular video game titles

KAREN FALCON
FOR METRO

Don't know what to buy for that gamer on your list? Not to worry, we have played a bunch of the hottest stuff (ESRB M) and narrowed it down to the best holiday offerings. This stuff is so good you might just want to keep it for yourself.

Metro's video game reviewer says The Elder Scrolls V: Skyrim is the best RPG to date. It's a vast, non-linear, open-ended game with a brilliant character-levelling system in which what you choose to do makes all the difference.

Call of Duty: Modern Warfare 3

360, PS3, MS Windows, Wii

It's a record-busting, first-person shooter that features no slowdowns, stunning graphics, 16 massive new maps, survival mode, special ops and online multiplayer, too. The campaign is once again a solid and frantic affair that meets all your expectations. Once you are done with that, it's time to hop online. Online play is where this game shines so brightly it makes your eyes water. It's just awesome.

The Elder Scrolls V: Skyrim

360, PS3, MS Windows

Words cannot describe the magnitude of Skyrim. It's epic. It's awesomely interactive and it's perfect. Perhaps the best RPG to date, this is a vast, non-linear, open-ended game with a brilliant character-levelling system in which what you choose to do makes all the difference. You can choose to be a thief, skulking around in the shadows, or you can choose to be a warrior, an elf, or a berserker. Choices are almost limitless — for everything. It's mind-blowing. Chances are if you gift this (and you should), you won't see your friend for a year — they will be too busy wandering around Skyrim hunting for stuff to mix potions and craft weapons.

Uncharted 3: Drake's Deception

PS3

Exclusive to the PS3 and just in time for the holiday season, Uncharted 3 has launched to universally stupendous critical reviews. Why such good reviews? Because this game is quite possibly the slickest, best looking, most immersive single-player platformer to hit the market in more than three years. It's visually stunning and has the most outstanding dialogue and cut scenes we have seen in recent history.

Gears of War 3

360

Everything is better in Gears 3. Everything. Saving the world on insane is pretty impressive, but the Live is even more impressive. They will play this until their hands go numb — and that's a good thing.

Kinect Dance Central 2

360

Your teens will be moving and grooving all over the living room floor. With more than 40 new hits and routines, voice controls, dance battles, and an onscreen personal trainer, don't forget to remind the kids to take breaks so they don't wear out the carpet too fast.

Kinect Sesame Street — Once Upon A Monster

360

It's like playing a Sesame Street storybook — only better. It will get your little ones moving, solving problems, and learning — all at the same time. Six chapters, engaging mini-games, simple mechanics and their favourite furry Muppets makes this game an incredibly riveting experience for young gamers and a charming experience for their parents.

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Gifts for your furry friends

Cross your pet off your list with these fabulous finds — purrfect for the cats and dogs of the house

YLVA VAN BUUREN
FOR METRO

Don't forget your four-legged friends this holiday season.

A Real Treat

Your dog will love these yummy cookies over the holidays. Claudia's Canine Cuisine Holiday Cookies, eight- or 11-ounce packages, $9.99- $11.99 at Pet Valu.

NEXT WEEK: HOLIDAY MUSIC, FOODIE GIFTS & MORE
FRIDAY, DEC. 2, 2011

Eau de Woof

Sadie and Mitz shampoo, conditioner and conditioning mist make great stocking stuffers. Available in Dirty Dog (citrus with spicy berries and sandalwood), Flirty (a blend of pomegranate, black orchid, lotus blossom and other exotic scents), Festive Fur (mulled cider, apples and cinnamon) and other fragrances. $19.95 each. sadieandmitz.com.

Cat perch

Give your cat a place to hang out ... and save your furniture with an Imperial Cat Scratcher. Rub a little catnip on the surface and the cat will always come back. $14.99-$44.99 at Pet Valu.

Peace in the House

Keep Fido busy with this "Hear Doggy" chew toy — it has an ultrasonic squeaker, which means only your dog can hear it. Different sizes and characters. From $8.99 at Pet Valu.

Go to Sleep

When it's bedtime, tuck your dog or cat into this 22-inch micro-suede plush bed. They will dream of sugar plum fairies ... $19.99 at Pet-Smart.com.

Glitter Dog

Rub some Glamour Glitter Gel on your hands, then run it through your dog's fur to make it sparkle for the holidays. $14.95. Available online and at pet boutiques across Canada. sadieandmitz.com

What's Up Doc?

Wrap up a Chew & Flip 'n' Toss carrot or hamburger for your pet rabbit ... they love chew toys! $3.99 each. Pet Valu.

Muttluks

Marlene Cook, the founder of Woofstock (a Toronto festival for dogs), protects her dogs' feet from salt and cold with fleece-lined Muttluks. The dog boots have self-tightening straps, reflective straps, leather soles and stretchy leg cuffs. They are made in Canada. $45.99-$53.99 at muttluks.com.

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WAYS TO GIVE BACK THIS SEASON

'TIS THE SEASON TO GIVE AND RECEIVE

which is why everyone's debit and credit cards promise to get a great workout over the next few weeks. For credit card holders, there are some good options available for getting something back for their purchases. For example, the Scotia Momentum suite of cash-back cards provides a solution for a number of different lifestyle stages. To help decide which product is right for you, try the Momentum Cash Back Calculator at scotiabank.com/momentumcash back. Scotiabank sends cash payouts to its customers in November — the ideal time to use funds for Christmas shopping or to help those in need.

If you want to pay some goodwill forward but you're finding your budget stretched to the limit, here are some affordable ways to make a difference in and around your community.

HEMERA/THINKSTOCK

DONATE TO A FOOD BANK Canned fruit or meat, a package of pasta, a jar of baby food, every little bit counts. Find a food bank near you at foodbankscanada.ca.

VOLUNTEER AT A SOUP KITCHEN Donate your time to help serve up food and wash dishes at a local soup/food kitchen.

SUPPORT A WOMEN'S SHELTER Collect donations of toiletries, clothes and small toys for a battered women's shelter.

HELP OUT A NEIGHBOUR When you pull out your snow blower or snow shovel after the next dusting of white stuff, take a few extra minutes to clear your neighbour's walkway.

ORGANIZE A TOY DRIVE Bring a smile to a child's face at Christmas by setting up a toy mountain at work, at your church or community centre.

SERENADE A SENIOR Get a group of people together and go carolling at a senior residence.

These are just a few suggestions. The opportunity to do some good in your community is limitless. You can explore more options at a local church, the Salvation Army or by searching online.

ISTOCKPHOTO/THINKSTOCK

CHRISTMAS COUNTDOWN... ARE YOU READY?

You don't have to be Martha Stewart to plan the perfect Christmas. All it takes is a little planning.

MAKE YOUR GIFT-GIVING LIST Jot down names and gift ideas for family and friends. Tip: Be prepared for unexpected gifts; add some extra items to your list (e.g. candles, chocolates and wine).

DECK THE HALLS Pull out your strings of Christmas lights and make sure they're still working. It might be time for refresh. Check local flyers for ideas.

WRITE AND SEND YOUR HOLIDAY GREETINGS Whether you send emails or traditional cards by mail you'll want to make sure that your correspondence is written and mailed the first week of December.

PLAN YOUR HOLIDAY MENUS Hosting meals during the holidays? Plan the menu and buy items well beforehand (e.g. frozen turkey, appetizers, drinks etc.).

WRAP IT UP IN STYLE Set aside a couple of hours to wrap gifts. Tip: Gift bags are great for dressing up gifts and can be reused next year.

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BEST HOLIDAY MOVIES

From the nostalgic and the sappy to the humorous and the dramatic, almost everyone has one — a favourite holiday flick — that special movie that you get hopelessly drawn into watching again and again year after year. For some it might be Frank Capra's 1946 classic It's a Wonderful Life, for others something more of a modern-day classic like A Christmas Story (Who can forget little Ralphie's famous request to Santa, "I want an Official Red Ryder Carbine-Action Two-Hundred-Shot Range Model Air Rifle!").

IF YOU'RE LOOKING FOR A FILM TO WARM YOU UP THIS SEASON, CONSIDER ONE OF THESE SEASONAL FAVES.

1. It's a Wonderful Life (1946)
2. Miracle on 34th Street (1947)
3. The Bishop's Wife (1947)
4. A Christmas Carol (1951)
5. White Christmas (1954)
6. A Christmas Story (1983)
7. National Lampoon's Christmas Vacation (1989)
8. Scrooged (1988)
9. Home Alone (1990)
10. Jingle All the Way (1996)
11. Elf (2003)

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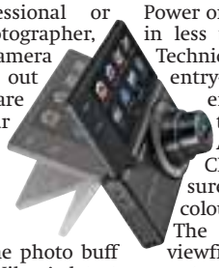
Frozen in time

Nikon D7000 – $1,179 (body only), iPhone SLR Mount – $249.99, below.

These cameras and accessories will preserve your holiday memories

MIKE YAWNEY
FOR METRO

For many, the holidays are a time to gather with family and friends. Why not capture those moments forever with a photo. Whether you are a seasoned professional or budding photographer, there is a camera for everyone out there. Here are a few of our choices.



Nikon D7000 — $1,179 (body only)
Perfect for the photo buff in your life. Nikon's latest entry in the dSLR market has the perfect blend of design, features and performance at a reasonable price. The D7000 features a high-resolution 16.2-megapixel DX-format CMOS sensor, three-inch super density LCD display and a Dynamic ISO range from 100 to 6400. You also have the ability to shoot 1080p HD video at 24 fps with auto-focus. Two SDXC card slots ensure you never run out of storage. Lenses sold separately.

Canon Rebel T3i — $949.99
Power on, focus and shoot in less than one second! Technically classed as an entry-level dSLR camera, but don't let that fool you. An18-megapixel CMOS sensor ensures crisp, clean colour with every shot. The articulating LCD viewfinder makes it easy to capture photos at just the right angle.

Samsung MV800 — $299
This impressive 16.1-megapixel point-and-shoot camera may have a minimalist design but offers many features for those who demand more out of their camera. The three-inch touchscreen viewfinder can swivel 180 degrees to allow you to take photos from various angles.

Create breathtaking photos with the built-in software that allows you to take live panoramic shots, picture in picture or simply have fun by morphing photos with the many easy to use tools. Not ideal for low light conditions or for fast action shots.

Olympus Stylus Tough 8010 — $249.99
It's called tough for a reason! This 14-megapixel camera is shockproof, crushproof, freezeproof and waterproof to depths of 10 metres. Shoot still photos or HD video in virtually any condition!

iPhone SLR Mount — $249.99
Turn your iPhone into a SLR camera with this one-of-a-kind mount from Photojojo. This case adaptor allows you to mount Canon EOS or Nikon SLR lenses right onto your iPhone 4 or 4S.
Use telephoto, wide angle or a macro lens on your phone. Finally, you can get powerful depth of field and manual focus on your iPhone.

Sony 220GB HD Camcorder with Projector — $899
Shoot 1080p video and then share it immediately with friends. This camcorder has a built-in projector, which creates a 60-inch image on any flat surface.
The 42X extended zoom makes it easy to get close to the action even if you are far away. Up to 91 hours of footage can be captured on the hard drive.

GoPro HD Hero2 — $349.99
The ideal companion for outdoors and sports enthusiasts. This tiny camera not only shoots 11 megapixel stills, it can also shoot 1080p HD video in even the most extreme conditions.
Mount it to your snowboard to get footage on the half-pipe or take it along with you on your next warm vacation to get underwater footage while snorkelling.

A variety of mounts are available, allowing you to attach the camera to virtually anything, including your own body.

Eye-Fi — starting at $49.99
Wirelessly transfer your photos and videos from your digital camera to your home computer, Facebook, YouTube or favourite online photo website with this unique memory card. The Eye-Fi connects to the Internet via Wi Fi so you can share photos with family and friends instantly. Once photos are transferred they are automatically erased to free up room on your memory card. Available in 4GB and 8GB models.

Sony Digital Photo Frame and Printer — $199.99
What's the use of taking photos if you can't share them with others? Put all of your photos on display with Sony's eight-inch digital photo frame. The frame has a USB plug-in so you can directly upload your images from a camera without using a computer. It also supports movie and music playback. The frame comes with a printer base so you can print out 4-by-6 photos instantly while they are on display!

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Tips to simplify shopping

It's easy to feel overwhelmed this time of year, but you can survive the chaos

Are you overwhelmed at the prospect of tackling your holiday gift list? Here are a few tips to help put your fears to rest and conquer that list like a pro:

1 Get gifts that are personal. Start by making a list. Write down who you are shopping for and then list their interests. This will help you narrow down gift ideas and ensure success.

2 Avoid spending time on wasteful items — such as a card for every present you buy. Print personalized labels at stickeryou.com and put them on everything from presents to wine bottles to your holiday baking. This will end up saving you both time and money.

3 Find gifts that can be enjoyed by the whole family. If you have four family members on your list, cut it down by settling on one gift they can all enjoy together. This can include a board game, a DVD set, even a craft toy. For example, StickerYou.com has a new product called Make + Print Your Own Stickers. It offers packages of 40-110 stickers that make for a fun craft project for the whole family. Mom can make family address labels, dad can come up with funny bumper stickers, and the kids can design name stickers for all their gear.

4 Order online. Avoid line ups at the mall — let the gifts come to you. Or better yet — have it shipped directly to them.

NEWS CANADA

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4 sports

Swaggerville lives on

Blue Bombers defence puts nickname on the back burner, but keeps confident attitude

PAUL CHIASSON/THE CANADIAN PRESS

▶ Winnipeg Blue Bombers defensive end Odell Willis gets underneath his teammate, defensive tackle Doug Brown, while he does push-ups during a practice this week.

The nickname Swaggerville has not been heard much in the leadup to the Grey Cup game.

But the Winnipeg Blue Bombers' defence, which adopted the name as a sign of their skill and determination to stuff every offence in the CFL, says Swaggerville is alive and well inside their locker-room, even if they don't shout it out to the world any more.

"Oh yeah, it still lives, it's just something we don't talk about publicly any more," cornerback Jovon Johnson said Thursday. "We just let our play speak for itself."

Any hope the underdog Bombers have of upsetting the B.C. Lions in the Grey Cup game at BC Place on Sunday will likely rest on the defence's ability to stop Lions quarterback Travis Lulay and star receivers Geroy Simon and Arland Bruce.

Winnipeg certainly had the defensive numbers to crow about this season, leading the league in 12 categories, including 55 sacks and 25 interceptions.

When the team that went 4-14 in 2010 started this season 7-1, the name Swaggerville was on everyone's lips as a rallying call. But it faded away as the Bombers went 3-7 down the stretch.

Johnson said the nickname actually dates to 2009, but didn't become public until the team emerged as a winner. Then it was put on mute.

"It became somewhat of a distraction," said Johnson. "It was all fun when it started.

"But after a while, with all the attention to it, all the other teams took notice and they got mad and it was just giving everybody extra motivation to play against us."

Among other bests, the Bombers allowed their opponents the lowest average yards of offence per game at 301.1, the fewest yards per pass at 7.1, the fewest passing yards per game at 223.1 and lowest percentage of pass completions at 56.7 per cent.

Winnpeg's defence starts with the line, where six-foot-eight Doug Brown crowds the middle so that rush ends Odell Willis and Kenny Mainor can chase down quarterbacks. Willis tied with Hamilton's Justin Hickman for the CFL sacks lead with 13 while Mainor had eight.

"They get pressure on the quarterback and that allows us to do what we do on the back end," added Johnson. "It's hand in hand. We help them get sacks and they help us get picks. We've got the perfect blend of defence."

Sharing the spotlight is the secondary, with Johnson, Jonathan Hefney, Alex Suber and Deon Beasley along with safety Ian Logan. They form the league's most respected unit.

THE CANADIAN PRESS

Sibling rivals

The Grey Cup game will be a family affair for brothers Henoc and Cauchy Muamba.

Henoc Muamba, 22, is a rookie linebacker and special-teams performer with the Winnipeg Blue Bombers while Cauchy Muamba, 24, is a second-year safety and special-teams player with the B.C. Lions.

Jets preview

Jets at Hurricanes, Friday, 6 p.m. TV: TSN

Brandon and Brett Sutter both recorded points for Carolina (8-11-4) in a 4-3 shootout loss to Montreal on Wednesday, marking the first time since 1994 two members of the Sutter family had points in the same game. Eric Staal's scoring woes continued, with three shots, no points and a -1 rating in 22 minutes of ice time. Joni Pitkanen (lower body) is day-to-day.

THE CANADIAN PRESS

Scan code for more sports.

Johnson looking for ring redemption

PAUL CHIASSON/THE CANADIAN PRESS

▶ The Bombers' Jovon Johnson responds to a reporter at a team breakfast Thursday in Vancouver.

The last time Jovon Johnson got a Grey Cup ring he sold it on eBay. Now he wants one he will keep.

The Winnipeg Blue Bombers all-star defensive back said Thursday he got $10,000 for the ring he was given as a non-playing member of the Saskatchewan Roughriders in 2007.

He put it up for auction, at a starting price of $2,500, because he felt he hadn't earned it.

"Another reason I sold it was that going into the Grey Cup they put me on the practice roster, so going from a chance to make $16,000 to only making $500, that's a big difference," he said.

"I have other rings. I won two Big 10 championships in college (with Iowa)."
BOMBERS DB JOVON JOHNSON

He doesn't recall who bought the ring.

"Some guy from Calgary, I think," he said. "For them to put me on the practice roster going into the Grey Cup game, it was like a slap in the face to me."

Johnson said things soured in Regina when he got into an argument during practice with Riders offensive co-ordinator Paul LaPolice, now his head coach in Winnipeg. He said the coach didn't like that he wasn't allowing receivers to make catches during offensive drills.

Johnson said now they get along fine.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Winnipeg quarterback Buck Pierce hands off to running back Chris Garrett during practice Wednesday at BC Place Stadium in Vancouver.

PAUL CHIASSON/THE CANADIAN PRESS

▶ B.C. quarterback Travis Lulay hands off to running back Andrew Harris during practice Wednesday.

Sifting through Grey Cup grey areas

CFL EXTRA POINTS

DAN TOTH
SPORTS@METRONEWS.CA

Winning one-on-one battles and performing your best despite game-day jitters on the CFL's biggest stage separates champs from chumps. Here's a look at four areas that should decide Sunday's 99th Grey Cup game in Vancouver.

1 Quarterbacks

Lions will win if: QB Travis Lulay, the man who should be named CFL Most Outstanding Player this season, maintains his composure and doesn't get caught up in the hoopla that will surround him on home turf in his first Grey Cup appearance.

The Bombers win if: Gritty QB Buck Pierce carries the Bombers on his back as he's done so many times this season, completing remarkable passes, scrambling to avoid the oncoming pass rush and running with the ball when nothing else will work. Revenge would also be sweet for the man dumped by B.C. two years ago.

2 Receivers

The Lions will win if: Leos legend Geroy Simon and first-year Lion Arland Bruce, possibly the CFL's most dangerous receiving tandem, find open room in the Bombers secondary as double teaming both is nearly impossible. They combined for 10 catches and a TD in the West final.

The Bombers will win if: The Bombers have never replaced Milt Stegall, but the multiple threats provided by Clarence Denmark, Terrence Edwards and Greg Carr, provide Buck Pierce with plenty of targets and any one could emerge as the game's star.

3 Running backs

The Lions will win if: RB Andrew Harris can provide them a balanced attack by posting positive yards on first down and keeping Travis Lulay out of second-and-long situations. His success keeps the Bombers defence honest.

The Bombers will win if: Dynamic running back Chris Garrett can somehow produce a performance as sensational as the East final, one of the epic games in Blue Bombers history. Should the passing game fail, Garrett could carry his team to victory as he did last Sunday, rushing for 190 yards in 29 carries.

4 Defence

The Lions will win if: Their tough defence can manhandle the Bombers offensive line, as they did in making Ricky Ray look very average in the West Final, and not give Pierce time to operate.

That pass rush could make it a long day for the Bombers QB.

The Bombers will win if: The cocky and confident group that dubbed itself Swaggerville can stop the Lions run, create some second-and-long situations, and set the stage for the secondary to come up with some big turnovers.

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JOHN WOODS/THE CANADIAN PRESS

▶ Winnipeg's Johnny Sears, Justin Goltz and Chris Garrett celebrate Garrett's touchdown against the Hamilton Tiger-Cats on Sunday.

The great debate rages on

Metro Winnipeg's Elisha Dacey and Metro Vancouver's Jeff Hodson duke it out over which city's CFL team will walk away with the Cup

ELISHA DACEY
@METRONEWS.CA

Well, well, well.

The same day Metro's CFL guy Dan Toth gave the Bombers 50-1 odds of heading to the Grey Cup, I tweeted out that the Big Blue were going. I wish now I had put some money on it.

But no matter. Swaggerville is heading to the Grey Cup, and will swagger right over the Lions.

And here's why:

Defence. The Lions may be king of the jungle, but the Bombers are lord of the skies, stopping every single CFL team in their tracks. You think you're gonna get through Odell Willis and Doug Brown, kittycats? Good luck.

Passion. We love to be underdogs. We love to make a spectacular comeback. Buck Pierce is the ultimate in comebacks, and it will be so satisfying to write about how Buck beat his former Lions teammates in an epic CFL blowout.

We're due. It's been a long, long time since we hoisted the cup. Make all the jokes you want, pussycats. This is Big Doug Brown's last year. He wants that cup — but not as much as we want him to have it.

True fans. We sold out our stadium eight times this year. In the snow and cold. And many have headed to Vancouver and willingly paid local scalpers' prices, unlike your fair-weather fans only wanting to make a quick buck.

Well, we'll show you the true value of a Buck.

Go Bombers, Go! Love you guys.

JEFF HODSON
@METRONEWS.CA

Elisha, you're waaay too nice.

I don't even know why we're debating it. Let's just award the Leos the Grey Cup, have a cool beer, pat the Blue Bombers on the head and wish them a nice flight home — to Loserpeg.

These Bombers will live down to their name.

This is the team that scrounged their quarterback from B.C.'s midden heap, patched him up Red Green-style with duct tape and chicken wire and shuffled him back onto that frozen patch of tundra Whinerpeg calls the Canad Inns Stadium.

This is the team whose defence had the arrogance to dub itself: 'Swaggerville' following a spat of meaningless wins early in the season. It's the kind of turtleneck-wearing, toothpick-chewing nickname that a teenager proudly awards himself in the mirror after frosting his tips.

This is a team that has managed three miserly wins in their last 10 regular season games.

Compare that to the B.C. Lions.

Following a sputtering start, the Leos have been unstoppable.

They boast a defence every bit as good as Wankerpeg's and an offence that has looked unstoppable.

The Lions have only lost once in their last 12 games. They'll beat you through the air, they'll beat you on the ground and they even have the best kicker in the league to boot!

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DARRYL DYCK/THE CANADIAN PRESS

▶ Korey Banks played in a Grey Cup game in his first season but hasn't been back since.

The chance of a lifetime

After years of missed opportunities, Lions veterans know they may not get another shot at the Grey Cup

When opportunity knocks, the B.C. Lions haven't always answered.

Some very good Lions teams have missed chances to play in the Grey Cup and that's why Sunday's big game against the Winnipeg Blue Bombers is especially important to a number of the club's older players.

Receiver Paris Jackson broke into the league in 2003. He played on the B.C. team that lost the 2004 Grey Cup and was a member of the last Lions championship squad in 2006.

"I was thinking every two years we would be in the Grey Cup," Jackson said Thursday as he ate salad and sandwiches with his teammates at a luncheon.

"Now I'm 31 years old and it's been five years since we've been to a Grey Cup. You have to cherish these moments."

Defensive back Korey Banks won a Grey Cup in his first year with B.C. in 2006. Since then the Lions have played in four division finals but their only win came this year against Edmonton.

"I could play 10 more years in the league and might not reach a Grey Cup again," said the 32-year-old Banks.

"It's a blessing (to reach the Grey Cup) but it's only a blessing for one team Sunday. I want to be on that team. It's all about winning. It will hurt more if you don't win. I'd rather not make the playoffs than lose the Grey Cup."

The luncheon was a casual affair, with players and some reporters sharing tables.

Linebacker Anton McKenzie used his BlackBerry to take pictures of teammates being interviewed. Centre Angus Reid grabbed a microphone and did his own interviews.

The Lions have 14 players over 30 years old. For some, winning a Grey Cup could be now or never.

"With the younger players, ignorance is bliss in a way," said 35-year-old defensive tackle Brent Johnson. "You think there is going to be a lot more opportunities.

"That doesn't always pan out."

THE CANADIAN PRESS

Coach asks fans to show their colours

Coach Paul LaPolice had a simple request for Winnipeggers: Dress in blue and gold.

The head coach of the Winnipeg Blue Bombers tweeted out to his followers on Tuesday, asking 'Peggers to dress in blue and gold in their offices on Friday.

"Let's everybody have a blue and gold day at there (sic) work place. Spread the word. Coach."

▶ Paul LaPolice

Fans quickly caught on to the tweet, and Bomber fans are being asked to sport their team's colours on Friday, which is a casual dress day in most offices.

The Winnipeg Blue Bombers take on the B.C. Lions on Sunday at the 99th Grey Cup at BC Place in Vancouver. METRO

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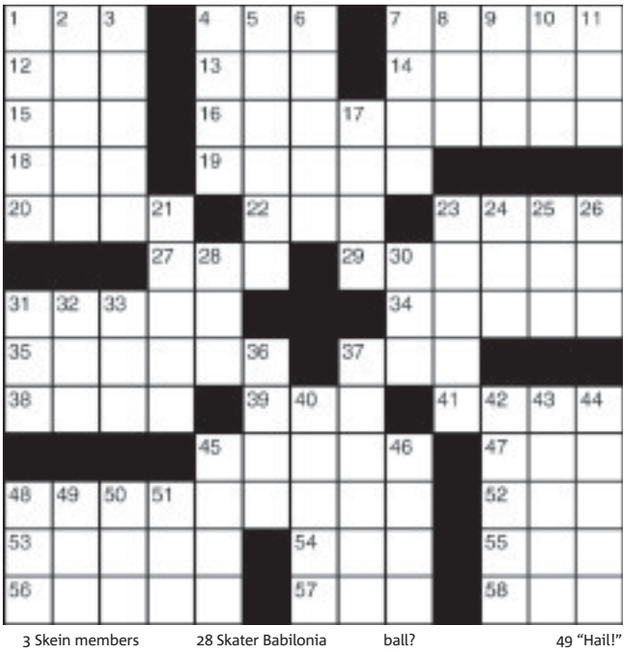
Crossword



Across
1 Witchy sort
4 Predicament
7 Earlier on the page
12 Brewery output
13 Oklahoma city
14 The Little Mermaid
15 3-Down's formation
16 Musical matchmaker
18 Chances, for short
19 Pisces' neighbour
20 At the home of (Fr.)
22 Kvetch
23 Used a loom
27 "Monty Python" intro
29 Drool
31 String instrument
34 Cheer up
35 Gum arabic source
37 Perched
38 Eve's third son
39 Teensy
41 Wild and crazy
45 Aesopian conclusion
47 Feathery neckpiece
48 "The Art of Happiness" author
52 Sindbad's bird
53 "Tinker to — to Chance"
54 Despondent
55 Blond shade
56 Surround
57 Tackle's teammate
58 Bumped into

Done
1 Destruction
2 Hebrew letter
3 Skein members
4 — Pinkett Smith
5 Decorates
6 Sasha's sister
7 Puts into words
8 Web address
9 Chart format
10 Gun the engine
11 Muhammad or Laila
17 Stamina, slangily
21 Nothing
23 Ballroom favourite
24 Eventual aves
25 Ex-G.I.
26 Preceding
28 Skater Babilonia
30 Meadow
31 Anatomical duct
32 Tavern supply
33 Feedbag morsel
36 MPs' quarry
37 Tar
40 Obliterate
42 James — Garfield
43 Sue Grafton's "N Is for —"
44 America's Cup contender
45 Atomizer spray
46 Actress Cheryl
48 Belle of the ball?
49 "Hail!"
50 "— Misérables"
51 Exist

▶ Yesterday's answer

Sudoku

		4	1	3		2		
		7						8
2			8			1	4	
	7	3		4	2			
			6	1		9	7	
	1	5			7			2
8						7		
		2		6	9	5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	8	6	2	4	1	3	5	9
1	5	3	7	9	8	2	4	6
2	4	9	6	3	5	8	1	7
9	7	4	5	1	3	6	8	2
5	3	1	8	2	6	9	7	4
6	2	8	9	7	4	5	3	1
8	1	2	3	6	7	4	9	5
4	9	5	1	8	2	7	6	3
3	6	7	4	5	9	1	2	8

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Jennifer Owens
Thank you for letting me be apart of you life and I hope we can spend the rest of our lifes together... I honestly believe we belong together from the bottom of my heart to yours... I miss you....
FROM JAMES WALKER

My Chinchilla
Baby you are my entire day. I cant wait until I see you and show you this kiss I have sent. I love when your eyes light up and that great sexy smile takes over. Love you forever xoxox
FROM XIGENERAL

Brooke
You are our cupcake!!! We love you! xoxoxoxo
FROM NANNY AND GRAMPY

Sheri
Thank you for the most amazing evening I have had in a long time... Cant wait to spend more time with you..
FROM BROTHERQ

A look at the weather

BT BREAKFAST TELEVISION

FRIDAY	SATURDAY	SUNDAY
Min -6°	Min -9°	Min -3°
Max 1°	Max -2°	Max 2°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Get past the wishful thinking and make your dreams come true. All it takes is self-belief — and action.

♉ Taurus April 21-May 21 You don't need to stoop to underhand methods to realize your ambitions.

♊ Gemini May 22-June 21 Make sure you express yourself today. Let everyone know how you feel, be it good or bad.

♋ Cancer June 22-July 22 You don't have time for fun and games — you have serious issues to deal with and you know if you don't crack on with them now they may never get done.

♌ Leo July 23-Aug.23 By all means take a few risks today.

♍ Virgo Aug. 24- Sept. 22 Try not to let your emotions get the better of you today, especially on the home front where a loved one's actions may annoy you intensely.

♎ Libra Sept. 23-Oct. 23 Don't impose restrictions on yourself, and don't let other people tell you what you can and cannot do.

♏ Scorpio Oct. 24-Nov. 22 Money matters of one sort or another will be much on your mind today.

♐ Sagittarius Nov. 23-Dec. 21 You may be eager to start something new and that's great, but don't just throw yourself at it.

♑ Capricorn Dec. 22-Jan. 20 As today's eclipse falls in the most sensitive area of your chart you'll want to be on your own for a while.

♒ Aquarius Jan. 21-Feb. 18 You seem to be having second thoughts about an issue you once had no doubts about at all.

♓ Pisces Feb. 19-March 20. Whatever your age or your social position there is still time to make an impression on the world.

SALLY BROMPTON

DARRYL DYCK/THE CANADIAN PRESS

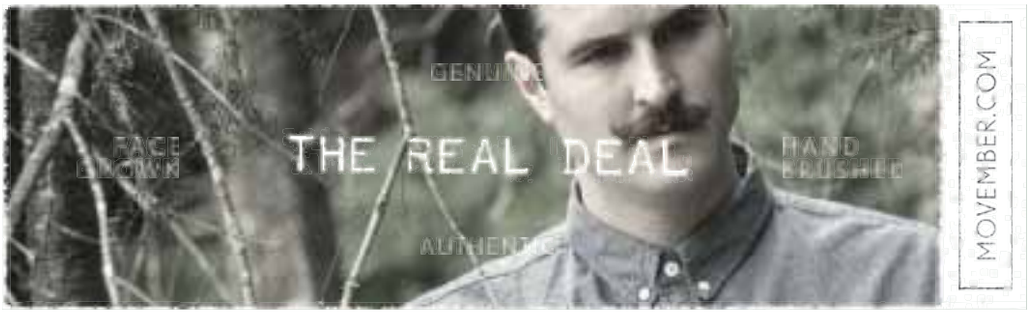
Caption contest

AHN YOUNG-JOON/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Los Angeles, California – It's breathtaking views inside and out with the 2011 AJAC Car of the Year. And while stopping for gas isn't on the Cruze's agenda, taking in the stellar scenery definitely is. Who doesn't love a great lookout point?

1. Removed telescope from left side of image 2. Removed rock left of the 2012 Chevrolet Cruze 3. Removed rearview mirror in the 2012 Chevrolet Cruze 4. Extended fence at the right of the image 5. Removed parking line in front of couple 6. Added telescope to right of image 7. Removed building behind fence 8. Jacket colour changed 9. Removed radio antenna on the 2012 Chevrolet Cruze 10. Added additional clouds into sky

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